



PARACENTESIS

Read these instructions at least a week before you come for your procedure.

WHAT IS A PARACENTESIS?

A paracentesis is a procedure to remove extra fluid (called ascites) from the abdominal cavity by a needle being placed through the skin. The extra fluid causes swelling of the abdomen, difficulty breathing, pressure on your bladder and swollen ankles. Removing this fluid will give you some relief. The specific reason for this extra fluid has been explained to you.

HOW DO I GET READY?

One week before the Procedure:

- Do not take any Aspirin, Advil, Aleve, Ecotrin, Bufferin, Nuprin, Excedrin and/or Ibuprofen for 7 days before your procedure. Tylenol (acetaminophen), Celebrex, and Mobic are fine to take.
- If you use Coumadin (Warfarin) or Plavix, contact your doctor about stopping it for 5-7 days.
- If you are a diabetic, contact your doctor about adjusting the dose of insulin or blood sugar pills the day of the procedure.

Day of the procedure:

- **You may have a light breakfast 4 hours before the procedure, then nothing at all until after your procedure.**
- Shower as usual the morning of the procedure.
- You may take your blood pressure medicine and any heart medicines with a sip of water the morning of the procedure.
- You will be asked to empty your bladder just before the paracentesis is done.
- **Bring a list of current medications and medication allergies with you.**
- **Bring someone with you to drive you home. You will not be allowed to drive for the rest of the day.** However, please limit the number of people you bring with you to our waiting room. If you do not have a driver your procedure may be cancelled or rescheduled.
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.

REGISTRATION

- When you arrive at the hospital, walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in, you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you.

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WHAT WILL HAPPEN DURING THE PROCEDURE?

- A doctor will explain the benefits and risks of the procedure and ask you to sign a consent form giving them permission to do the procedure. Ask him/her any questions you may have.
- A nurse will put an IV needle in your arm to replace fluids during or after the procedure.
- With you lying on your back, the left side of your abdomen will be cleaned with an antiseptic solution and draped with a sterile drape.
- An area of your skin will be numbed with an anesthetic.
- A special needle will be inserted through the numb skin into the abdominal cavity. Tubing will be attached to the needle and the other end of the tubing will be connected to a drainage bottle.
- Your blood pressure, oxygen level and pulse will be monitored during the procedure.
- As the fluid is removed, you will feel more comfortable, it will be easier to breathe and your abdomen will get smaller.
- After the fluid has been removed, the needle will be removed and the skin opening will be covered with a bandage.

WHAT WILL HAPPEN AFTER THE PROCEDURE?

- Before you leave, your IV will be removed and you will be given discharge instructions.
 - Some of the fluid will be sent to the laboratory for examination.
- The results of your procedure and any fluid analysis will be sent to the physician that referred you for the procedure. **Please contact the physician who ordered your procedure to obtain your test results.**

AFTER YOU LEAVE DHCOE:

- Do not take any Aspirin, Advil, Aleve, Ecotrin, Bufferin, Nuprin, Excedrin and/or Ibuprofen for seven days. You may take acetaminophen (Tylenol) for minor pain.
- Your left side may be a little sore for a few days.
- You may shower or bathe as you wish.
- You may return to a normal diet for you (low salt).
- Don't lift heavy objects for at least two days.
- If you have severe pain, shortness of breath, develop a temperature over 100°, redness or swelling at the needle site, severe dizziness, nausea, vomiting or fluid continues to leak out of the needle site please call us at **(434) 982-0221** or the Hospital Operator at **(434) 924-0000** and ask for the GI doctor on call. You may also go to your local emergency room.

If you have any questions about your exam or preparation, please call the endoscopy coordinator at **(434) 243-6346**.

To cancel or reschedule your test: **(434) 924-9999**.

The Digestive Health Center of Excellence (DHCoE) is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.